

# POWER 105

**MODEL 4032**

E4032

## **WAIT, READ THIS FIRST!**

*If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.*

*The ASSEMBLY MANUAL*

*MODEL NUMBER of this UNIT*

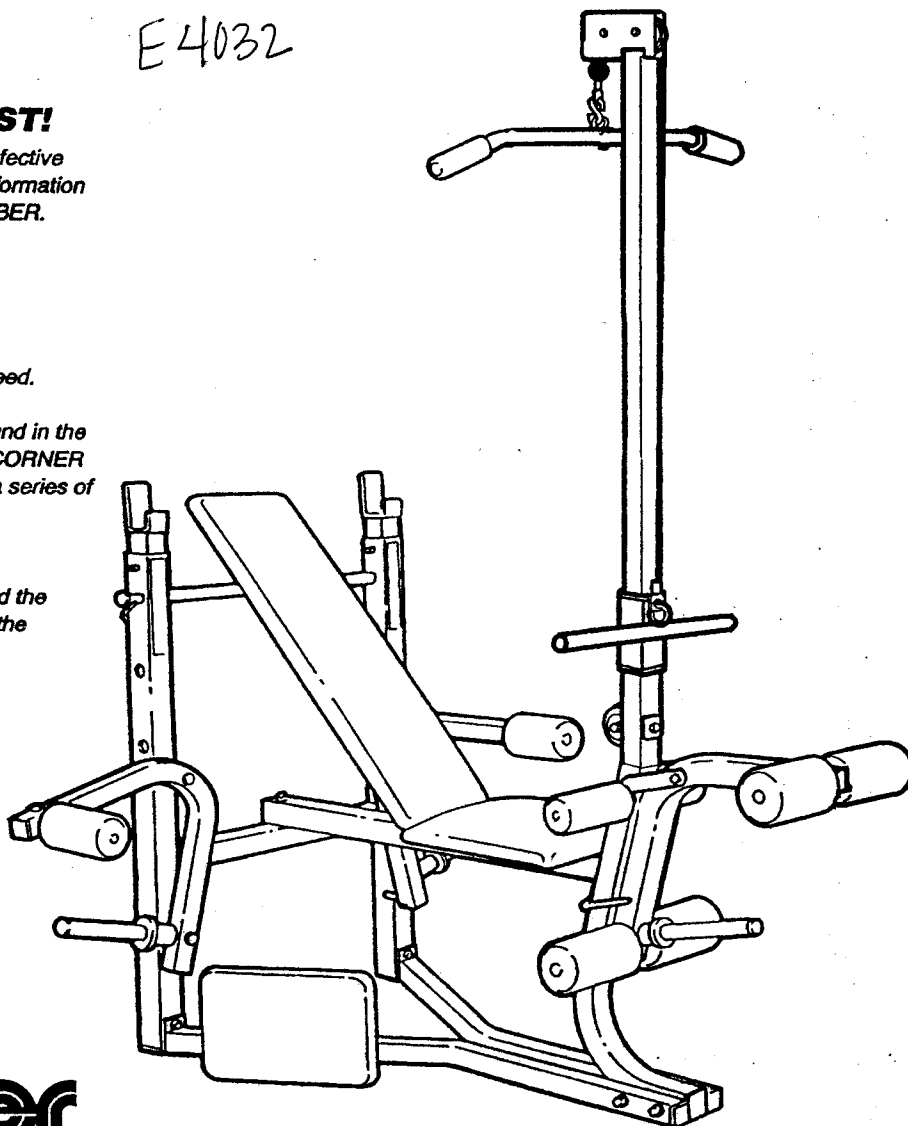
*PART NAME or DESCRIPTION*

*ORDERING NUMBER*

*THE QUANTITY of each part that you need.*

*THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS.*

*THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.*



**weider.**  
**OWNER'S MANUAL**

MADE IN TAIWAN

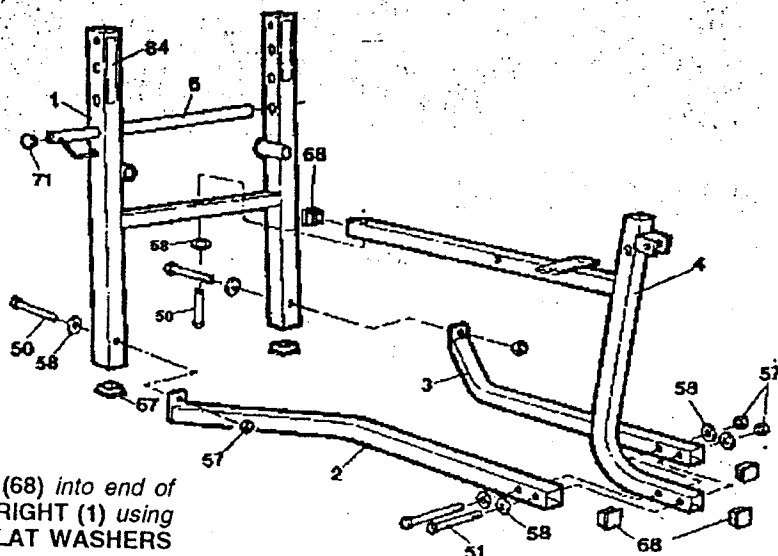
WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

**WEIDER SPORTING GOODS INC.**  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

## STEP 1 FRAME

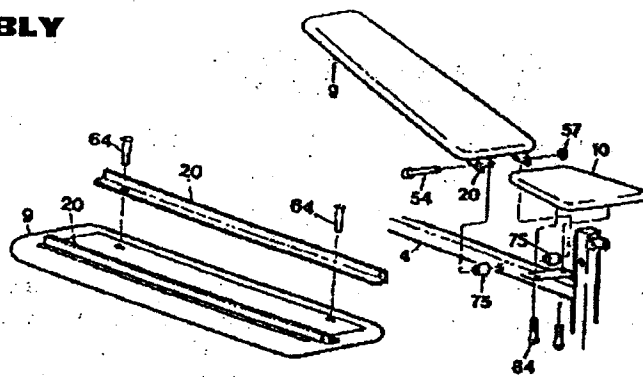
PART NAME	QTY
50 5/16" X 2 1/2" HEX HEAD BOLT	3
51 5/16" X 5" HEX HEAD BOLT	2
57 5/16" NYLON LOCK NUT	5
58 5/16" FLAT WASHER	7
67 2" SQUARE PLASTIC INSERT CAP	2
68 1 1/2" SQUARE PLASTIC INSERT CAP	4
71 3/4" ROUND PLASTIC INSERT CAP	1



- ☐ Insert 2" SQUARE PLASTIC INSERT CAPS (67) into bottom of UPRIGHT (1)
- ☐ Insert 1 1/2" SQUARE PLASTIC INSERT CAPS (68) into end of FRAME BASES (2) and (3) and bolt bases to UPRIGHT (1) using 5/16" X 2 1/2" HEX HEAD BOLTS (50), 5/16" FLAT WASHERS (58), and 5/16" NYLON LOCK NUTS (57).
- ☐ Assemble MAIN FRAME (4) between FRAME BASES (2) and (3) using 5/16" X 5" HEX HEAD BOLT (51), 5/16" FLAT WASHERS (58), and 5/16" NYLON LOCK NUTS (57).
- ☐ Press 1 1/2" SQUARE PLASTIC INSERT CAP (68) into bottom of front leg on MAIN FRAME (4).
- ☐ Bolt MAIN FRAME (4) to UPRIGHT (1) Cross Member using 5/16" X 2 1/2" HEX HEAD BOLT (50), and a 5/16" FLAT WASHER (58) and bolting up from the bottom and into the threaded bushing in the Upright Cross Member.
- ☐ Cap off tube with 1 1/2" SQUARE PLASTIC INSERT CAP (68).
- ☐ DECALS: Remove backing sheet from DECALS (84) and adhere to UPRIGHT (1) approximately 1/2" below top.
- ☐ Press 3/4" ROUND PLASTIC INSERT CAP (71) into handle end of BACKREST ADJ BAR (6) and assemble Bar into one of the hole patterns in the UPRIGHT (1).

## STEP 2 BACKREST & SEAT ASSEMBLY

PART NAME	QTY
54 5/16" X 4" HEX HEAD BOLT	1
57 5/16" NYLON LOCK NUT	1
64 1/4" X 3/4" ROUND HEAD SCREW	6
75 1/2" X 7/8" METAL SPACER	2



- ☐ Turn BACKREST (9) over so it is face down. Position LONG ANGLE IRONS (20) so the hole in the very end is extending past the bottom of BACKREST (9) and the flat side of the angle iron is facing toward the outside.
- ☐ Loosely attach LONG ANGLE IRONS (20) to BACKREST (9) with 1/4" X 3/4" ROUND HEAD SCREWS (64).
- ☐ Turn assembly over and attach BACKREST (9) to MAIN FRAME (4) by bolting 5/16" X 4" HEX HEAD BOLT (54) through LONG ANGLE IRONS (20) spacing LONG ANGLE IRONS (20) away from frame with 1/2" X 7/8" METAL SPACERS (75). Fasten with 5/16" NYLON LOCK NUT (57). TIGHTEN ALL SCREWS AND BOLTS!

**STEP 3 LEG CURL ASSEMBLY**

PART NAME	QTY
55 5/16" X 1 3/4" HEX HEAD BOLT	1
57 5/16" NYLON LOCK NUT	2
59 3/8" X 2 3/8" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	1
68 1 1/2" SQUARE PLASTIC INSERT CAP	1
69 1" ROUND PLASTIC INSERT CAP	1
70 1" ROUND PLASTIC COVER CAP - 15'	1
71 3/4" ROUND PLASTIC INSERT CAP	6
82 WEIGHT STOP	1
86 LOCKING PIN	1

- ☐ First slide WEIGHT PIN (26) through angled hole in the front part of LEG CURL (21). Align bolt holes and secure with 5/16" X 1 3/4" HEX HEAD BOLT (55) and 5/16" NYLON LOCK NUT (57).

- ☐ Place 1" ROUND PLASTIC COVER CAP - 15' (70) over rear extended portion of WEIGHT PIN (26). Slide WEIGHT STOP (82) over WEIGHT PIN (26) (flared side out) until it is against the Leg Curl Frame. Assemble 1" ROUND PLASTIC INSERT CAP (69) into end of WEIGHT PIN (26).

- ☐ Insert 1 1/2" SQUARE PLASTIC INSERT CAP (68) into end of LEG CURL (21).

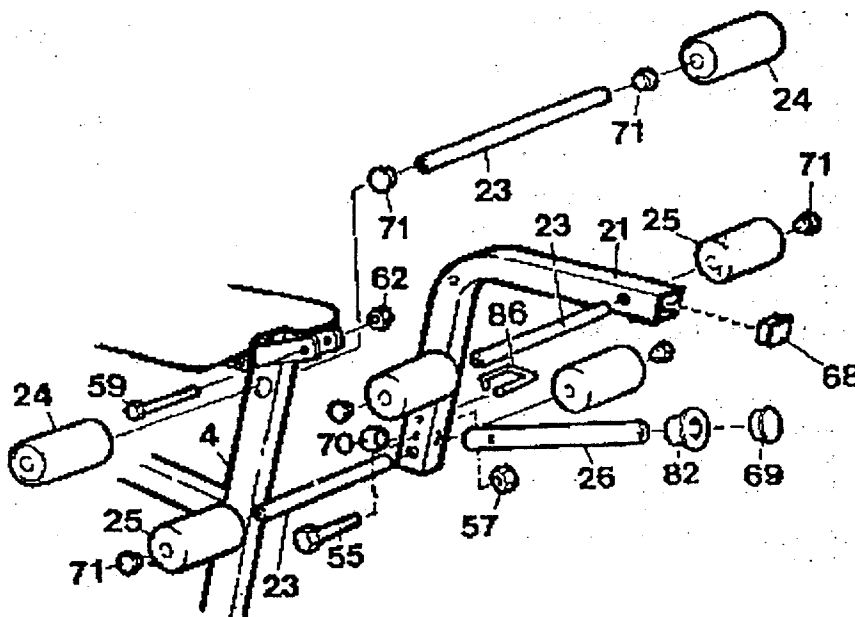
- ☐ Position LEG CURL (21) between Leg Curl Brackets on MAIN FRAME (4). Secure with 3/8" X 2 3/8" HEX HEAD BOLT (59) and 3/8" NYLON LOCK NUT (62). DO NOT OVERTIGHTEN OR LEG CURL WILL NOT BE ABLE TO SWING FREELY.

- ☐ Press 3/4" ROUND PLASTIC INSERT CAPS (71) into ends of PAD BARS (23).

- ☐ Slide 3/4" X 13" PAD BAR (23) through large hole in top of front Leg of MAIN FRAME (4) and press 2" X 5 3/4" FOAM ROLLERS (24) onto each end.

- ☐ Assemble PAD BARS 3/4" X 13" (23) through 3/4" holes on ends of LEG CURL (21) and assemble 3 1/2" X 6" FOAM ROLLERS (25) onto each end.

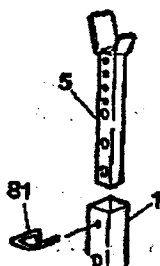
- ☐ The LOCKING PIN (86) is used to lock the LEG CURL (21) to the MAIN FRAME (4).

**STEP 4 ADJUSTABLE UPRIGHTS**

PART NAME	QTY
81 LOCKING PINS	2

- ☐ Slide each ADJUSTABLE UPRIGHT (5) into UPRIGHT (1).

- ☐ The BACKREST ADJ BAR (6) assembled to bench in Step 2 is used to adjust the incline of the BACKREST (9) and the height of the ADJUSTABLE UPRIGHTS (5) when using the Backrest in an inclined position. When the Backrest is in the flat position the height of the ADJUSTABLE UPRIGHTS (5) can be adjusted by the use of LOCKING PINS (81).



## STEP 5 MAST ASSEMBLY

PART NAME	QTY
56 EYELET BOLT	1
57 5/16" NYLON LOCK NUT	5
60 5/16" X 1 1/4" HEX HEAD BOLT	3
63 5/16" PLAIN HEX NUT	1
66 1/2" X 5/8" METAL SLEEVE	3
69 1" ROUND PLASTIC INSERT CAP	4
80 PULLEY	3
65 1/4" NYLON LOCK NUT	1

- ☐ Press a 2" SQUARE PLASTIC SLEEVE (76) into each end of the WEIGHT GUIDE (38). Cap each end of the Cross Tube on the Weight Guide with a 1" ROUND PLASTIC INSERT CAP (69).
- ☐ Slide Weight Guide Assembly onto the LAT MAST (32) so that the Hook on the Guide Cross Tube is oriented to the top and front.
- ☐ With the Weight Guide slide most of the way up the Lat Mast, assemble the PULLEY BRACKET (39) from the back side of the Mast and through. Fit the BACKER PLATE (87) over the Bracket shaft and secure with a 1/4" NYLON LOCK NUT (65).

- ☐ Select the LAT PULL DOWN CABLE (37) (the one with the stopper ball assembly) and insert the Cable through the channel at the top of the LAT MAST (32) so that the stopper ball is on the back side.

- ☐ Insert a 3/8" I.D. X 5/8" LONG METAL SLEEVE (66) into 3" PULLEYS (80) and fit them up into the channel Bracket so that the Cable is seated into the Pulley. Bolt Pulleys in place with 5/16" X 1 1/4" HEX HEAD BOLT (60) and 5/16" NYLON LOCK NUTS (57).

- ☐ Fit another 3/8" I.D. X 5/8" METAL SLEEVE (66) into another 3" PULLEY (80). Bolt this Pulley assembly into the PULLEY BRACKET (39) trapping the LOW PULLEY CABLE (36) into the Bracket. Fasten with a 5/16" X 1 1/4" HEX HEAD BOLT (60) and 5/16" NYLON LOCK NUT (57).

- ☐ Connect Pull Down Cable and Low Pulley Cable together with a "S" HOOK (83).

- ☐ Fit the completed Lat assembly into the front leg of the BENCH FRAME (4) and bolt in place with a 5/16" X 2" HEX HEAD BOLT (91), 5/16" FLAT WASHERS (58), and 5/16" NYLON LOCK NUT (57).

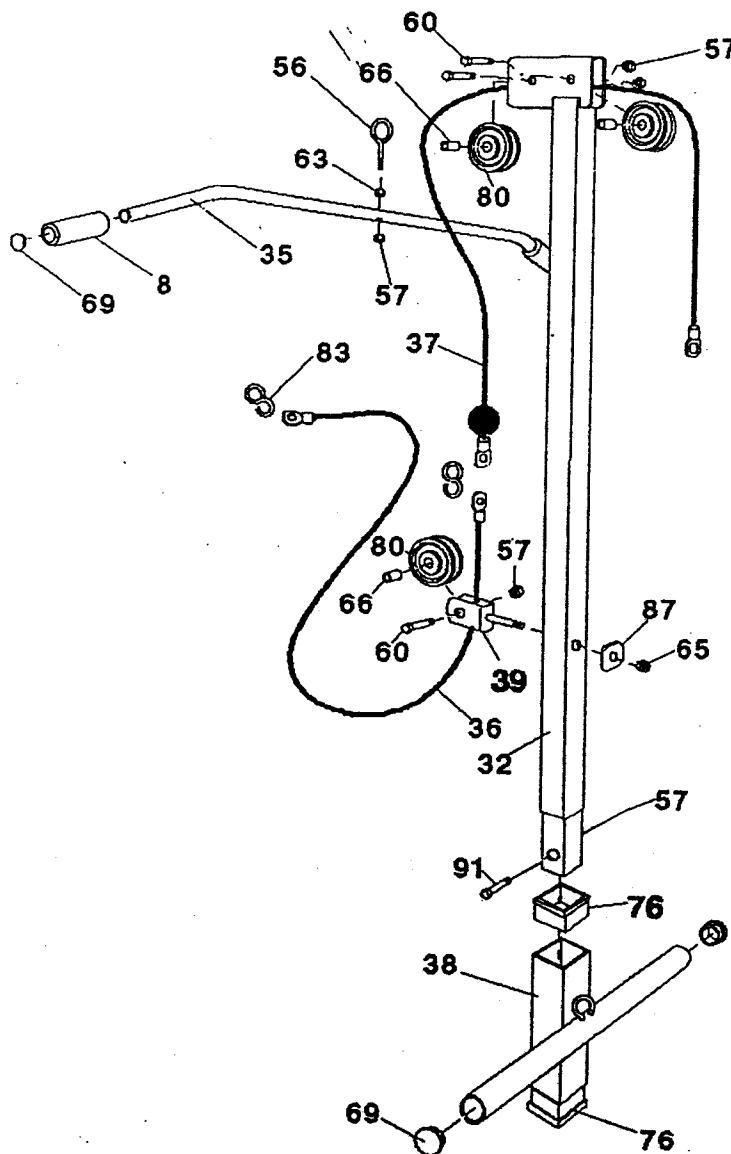
- ☐ Press a 1" ROUND PLASTIC INSERT CAP (69) into each end of the LAT BAR (35).

- ☐ Wipe a small amount of liquid detergent over the ends of the Lat Bar and slide on FOAM GRIPS (8).

- ☐ Thread the 5/16" PLAIN HEX NUT (63) onto the EYELET BOLT (56) all the way to the top of the threads and insert Bolt through the LAT BAR (35). Assemble a 5/16" NYLON LOCK NUT (57) onto the end of the Eyelet Bolt and tighten until Bolt is flush with the back of the Lock Nut.

- ☐ Tighten Plain Lock Nut down against the Lat Bar to trap tightly between nuts.

USE THE LAT BAR BY HOOKING THE LAT BAR TO THE CABLE WITH A "S" HOOK.



## USING MAST ASSEMBLY

### STEP 1 ROWING AND CURLS

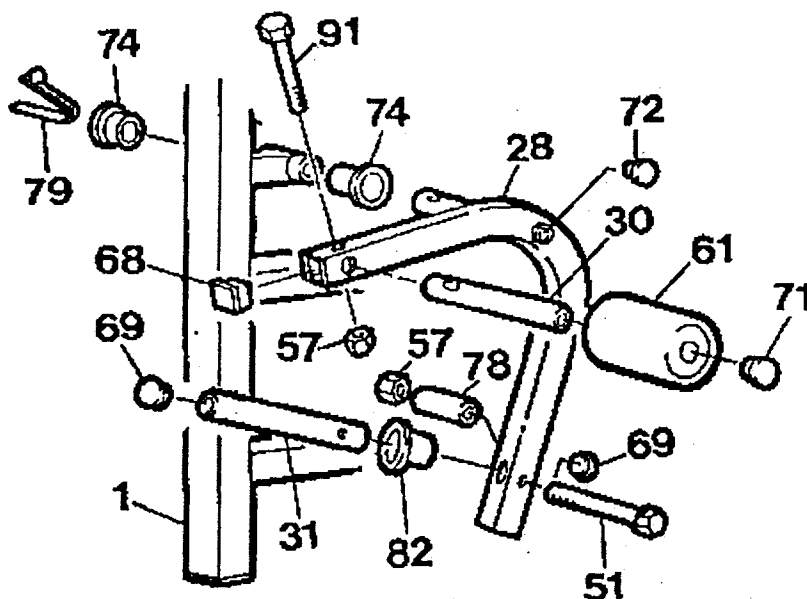
- » Insert MAST ASSEMBLY (32) into MAIN FRAME (40). Connect loop on FRONT ROPE (37) to EYELET BOLT (56) on LEG CURL (21). Connect S-HOOK (83) of FRONT ROPE (37) to loop of REAR ROPE (36) and then to LAT BAR (35). With this configuration, rowing and curl exercises may be performed. Free weights can be loaded on either or both the weight pin or WEIGHT BAR (20).

### STEP 2 LAT PULL DOWNS

- » To do Lat Work; either sitting or standing; connect LAT BAR (35) directly to S-Hook end of FRONT ROPE (36). Load weight on either the Leg Curl Weight Pin or the WEIGHT BAR (27).

### STEP 6 BUTTERFLY ASSEMBLY

PART NAME	QTY
51 5/16" X 5" HEX HEAD BOLT	2
57 5/16" NYLON LOCK NUT	4
68 1 1/2" SQUARE PLASTIC INSERT CAP	2
69 1" ROUND PLASTIC INSERT CAP	4
71 3/4" ROUND PLASTIC INSERT CAP	2
72 7/8" ROUND PLASTIC INSERT CAP	2
74 PLASTIC SLEEVE	4
78 3/8" X 3" PLASTIC SPACER	2
79 STOPPER PIN	2
82 WEIGHT STOP	2



- » There are two Butterfly Attachments with this unit: a RIGHT BUTTERFLY (28) and a LEFT BUTTERFLY (29). Instructions are given for one and are repeated to assemble the other.

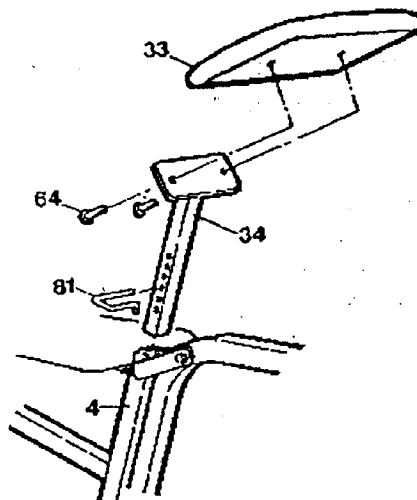
- ☐ First, slide BUTTERFLY PAD BAR 3/4" X 9" (30) through the hole in the end of the Butterfly Frame aligning the bolt holes. Secure with 5/16" X 2" HEX HEAD BOLT (91) and 5/16" NYLON LOCK NUT (57).
- ☐ Insert 3/4" ROUND PLASTIC INSERT CAP (71) into end of BUTTERFLY PAD BAR (30) and assemble FOAM ROLLER 3" X 7" (61) onto bar.
- ☐ Assemble WEIGHT PIN 1" x 11" (31) into angled hole on front of Butterfly Frame. Align bolt holes and insert a 5/16" X 5" HEX HEAD BOLT (51). Place a 3/8" X 3" PLASTIC SPACER (78) on the bolt and secure with 5/16" NYLON LOCK NUT (57). This assembly serves as a stop for the Butterfly Frames.
- » **CAUTION:** Never allow the Butterfly Frame to come back hard against the Uprights or damage can occur to the stop and the Upright.
- ☐ Press 1" ROUND PLASTIC INSERT CAPS (69) into both ends of BUTTERFLY WEIGHT PIN 1" X 11" (31). Slide WEIGHT STOP (82) over WEIGHT PIN (31) with the flared side out.
- ☐ Press PLASTIC SLEEVES (74) into each end of Butterfly Tube welded to Uprights. Press a 7/8" ROUND PLASTIC INSERT CAP (72) into end of Butterfly Pivot Tube welded into BUTTERFLY ARM (28) & (29).

- ☐ Slide Butterfly assemblies into welded tube bracket on UPRIGHT (1).
- ☐ Assemble STOPPER PIN (79) into center of assembly (rounded end first), making sure the side of the STOPPER PIN (79) that has a raised section is aligned with the hole in the welded butterfly tube. Push STOPPER PIN (79) into welded Butterfly Tube until it clicks into place as the raised section exits the hole.
- ☐ Press 1 1/2" SQUARE PLASTIC INSERT CAP (68) into end of Butterfly Frames.

## STEP 7 ARM CURL ASSEMBLY

PART NAME	QTY
64, 1/4" X 3/4" ROUND HEAD SCREW	2

- ☐ Assemble ARM CURL PAD (33) to PAD SUPPORT (34) using 1/4" X 3/4" ROUND HEAD SCREWS (64).
- ☐ To use Arm Curl, insert PAD SUPPORT (34) into Main Frame and adjust to desired height by inserting LOCKING PIN (81) into appropriate hole and allowing it to rest on top of frame.



### REPAIR PARTS AND SERVICE

### IMPORTANT

**BEFORE CALLING THE 800 NUMBER  
IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO  
FIRST SEND IN YOUR WARRANTY CARD**

**CUSTOMER SERVICE 1-800-225-0653**

**ALL OF THE PARTS FOR THE WEIGHT BENCH CAN BE ORDERED FROM WEIDER SPORTING GOODS, INC., PARTS SERVICE DEPT., 900 WEST ST. JOHN ST., OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.**

**TO OBTAIN PARTS DO NOT GO BACK TO THE STORE WHERE YOU  
PURCHASED THIS UNIT**

**ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:**

**MODEL NO.**

**NAME OF PART**

**ORDERING NO.**

## PART LIST E4032

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	PT1224-E19*F56
2	RIGHT BASE FRAME	1	PT2182-E19*F56
3	LEFT BASE FRAME	1	PT2183-E19*F56
4	MAIN FRAME	1	PT2184-E19*F56
5	ADJUSTABLE UPRIGHT	2	PT1225-E19*F56
6	BACKREST ADJ BAR	1	PT6402-F13*F56
8	FOAM GRIP	2	PT0417-B05*F56
9	BACKREST	1	PT1350-E19*F56
10	SEAT	1	PT1339-E05*F56
20	LONG ANGLE IRON	2	PT6250-E01*F56
21	LEG CURL	1	PT0149-C15*F56
23	PAD BAR 3/4" X 13"	3	PT6327-E19*F56
24	FOAM ROLLER 2" X 5 3/4"	2	PT0463-F10*F56
25	FOAM ROLLER 3 1/2" X 6"	4	PT0428-A10*F56
26	LEG CURL WEIGHT PIN 1" X 13 3/4"	1	PT6326-E04*F56
27	WEIGHT BAR 1" X 12"	1	PT6159-C15*F56
28	RIGHT BUTTERFLY	1	PT6156-C14*F56
29	LEFT BUTTERFLY	1	PT6158-C14*F56
30	BUTTERFLY PAD BAR 3/4" X 9"	2	PT6157-C14*F56
31	BUTTERFLY WEIGHT PIN 1" X 11"	2	PT6328-E19*F56
32	MAST	1	PT6264-E19*F56
33	ARM CURL PAD	1	PT1351-E19*F56
34	ARM CURL SUPPORT	1	PT6123-A25*F56
35	LAT BAR (BLACK)	1	PT6226-C15*F56
36	ROPE 54" LONG	1	PT6618-E17*F56
37	ROPE 66" LONG	1	PT6619-E17*F56
38	WEIGHT GUIDE	1	PT6272-F56*F56
39	PULLEY BRACKET	1	PT6988-F56*F56
50	5/16" X 2 1/2" HEX HEAD BOLT	3	HH-5053*F56
51	5/16" X 5" HEX HEAD BOLT	4	HH-5328*F56
54	5/16" X 4" HEX HEAD BOLT	1	HH-5302*F56
55	5/16" X 1 3/4" HEX HEAD BOLT	1	HH-5441*F56
56	5/16" EYELET BOLT	1	HH-5313*F56
57	5/16" NYLON LOCK NUT	15	HH-5012*F56
58	5/16" FLAT WASHER	7	HH-5127*F56
59	3/8" X 2 3/8" HEX HEAD BOLT	1	HH-5443*F56
60	5/16" X 1 1/4" HEX HEAD BOLT	3	HH-5064*F56
61	FOAM ROLLER 3" X 7"	2	PT0442-D35*F56
65	1/4" NYLON LOCK NUT	1	

## PART LIST E4032

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
62	3/8" NYLON LOCK NUT	1	HH-5088*F56
63	5/16" PLAIN HEX NUT	1	HH-5296*F56
64	1/4" X 3/4" ROUND HEAD SCREW	8	HH-5022*F56
66	METAL SLEEVE 1/2" O.D. X 5/8" LONG	3	HH-5362*F56
67	2" SQUARE PLASTIC INSERT CAP	2	AA-8002*F56
68	1 1/2" SQUARE PLASTIC INSERT CAP	7	AA-8001*F56
69	1" ROUND PLASTIC INSERT CAP	9	AA-8005*F56
70	1" ROUND PLASTIC COVER CAP W/15 DEGREE SIDE	1	AA-8070*F56
71	3/4" ROUND PLASTIC INSERT CAP	9	AA-8004*F56
72	7/8" ROUND PLASTIC INSERT CAP	2	AA-8088*F56
74	PLASTIC SLEEVE (BUTTERFLY)	4	AA-8194*F56
75	METAL SPACER 1/2 O.D. X 7/8" LONG	2	HH-5336*F56
76	PLASTIC SPACER 3/4" O.D. X 1/2" LONG	4	AA-8142*F56
78	PLASTIC SPACER 3/8" O.D. X 3" LONG	2	AA-8143*F56
79	STOPPER PIN	2	WW-7038*F56
80	PULLEY 3"	3	AA-8126*F56
81	SMALL LOCKING PIN	3	WW-7002*F56
82	WEIGHT STOP	3	AA-8112*F56
83	S-HOOK	2	WW-7030*F56
84	UPRIGHT DECAL	2	DE-4313*F56
86	LARGE LOCKING PIN	1	WW-7004*F56
87	BACKER PLATE	1	PT6989-F56*F56
91	5/16" X 2" HEX HEAD BOLT	3	HH-5054*F56
	HARDWARE BAG	1	PT5767-F13*F56
	ASSEMBLY MANUAL	1	PTNN-1226*F56

### WARNING

#### CONSULT YOUR PHYSICIAN

CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.

FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITHOUT PROPER INSTRUCTION.

#### TRAIN WITH A PARTNER

IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.